



# tattersalls

[www.tattersallsclub.org](http://www.tattersallsclub.org) for the latest news & events

newsletter may 2004



Grant Peters, Peter Thiel, Shaun Clyne, John de Mestre and Simon Storry

On Sunday 28 March 2004 the third running of the annual South Head Rough Water swim took place. This is an epic journey swim from Bondi Beach up the coast, through the heads and into Watsons Bay. The Swim is open to solo swimmers, duo swimmers and teams. The teams and duos do the swim in a relay form, with all swimmers having to complete a 10 minute leg to start the race, and once all team members have completed their 10 minute leg, it is open to the individuals how long the remaining legs are. It is compulsory for all entries to have an accompanying boat, and it is also open for swimmers to have a paddler. As a result, there was a large contingent of watercraft accompanying the swimmers north. There were 153 swimmers in total

this year. The conditions were rough early with a medium strength north easterly swell buffeting the swimmers. Accompanying the north easterly swell was a north easterly breeze which brought with it the occasional blue bottle to keep the swimmers on their toes.

A brief chat with Richard Wilkins who was enjoying a morning stroll along the beach revealed what most normal people think of the 153 swimmers who were making the journey - they must be totally mad. There were, however, no reports that we were aware of this year of sharks (there were a couple of tales of sharks last year).

The teams category was taken out for the third year in a row by the

Tattersalls team of Peter Thiel, John de Mestre, Shaun Clyne, Grant Peters and Simon Storry. The first solo swimmer was Rowan Webb who finished only 5 minutes behind the Tatts boys. Denise Elder was the first female solo swimmer to cross the line, her swim dedicated to raising money for the Molly Wood and Sophie Delezio Foundation.

All in all John Fallon, the race organiser, was happy with the race, and was encouraged by its growing popularity amongst the ocean swimming fraternity. As the ocean swimming season draws to a close, the swimmers are all happy to have all limbs intact, and at worst have just a few blue bottle stings to show for it.

## In this Issue

- Rough Water Swimming
- Ski Week
- Flyrodders
- Around the club
- Rugby Lunch
- Membership
- Secretary's Report
- Chairman's Report
- Calendar of Events
- The Athletic Department
- Reciprocal Clubs
- Travel News
- Boardriders
- Snooker
- Expert on line



## Tattersalls 2004 Ski Week at Perisher - 31st July to 7th August

"Back to Werruna Lodge"

Cost of Accommodation, food ,drink and Downhill Race will be \$900.

Deposit of \$500 will due by 28th May, balance by 15th July.

All bookings and payments can be made to the club's office and enquiries to Mark Roufeil on telephone: 9267 8922 or email: roo@gtpartners.com.au

Limited spaces are available so book and pay ASAP to avoid disappointment.

The normal price for a 5 day lift pass is \$358 but a discount for a group booking should be available and will be co-ordinated by Mark Roufeil.



The first snow falls of 2004.

## Grant Petherick Expert New Zealand Fly Fishing Guide talks @ Tattersalls on the 28th July.

Grant will talk on the following:

- Fly fishing for salmon in Alaska
- Fly fishing the Tongariro and Lake Taupo
- Fly fishing streams in the Hawkes Bay area
- Fly fishing wilderness streams in the central North Island
- Fly fishing on and around Poronui Ranch

Grant started his career guiding clients in Alaska in 1988 and then returned to NZ and worked for the Huka and Tongariro Lodges.

Grant started his business in Hawkes Bay in 1995. Now employing 3 guides for trout fishing and 2 additional guides for exclusive wine tours.

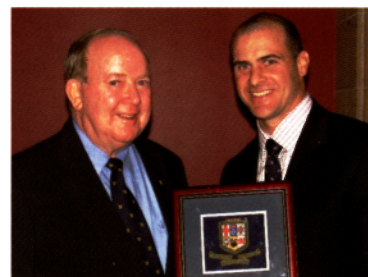
Grant guides around the Napier/ Hastings area but he takes people to the Ruakituri and Lake Waikaremoana in the north, south to the Manawatu system and covers the wilderness rivers of the central North Island. The latter being accessed mostly by helicopter.

Grant has appeared on the TV show "Gone Fishing" and the video productions "Fly fishing for Pacific Salmon" and "Dream Streams Downunder", the latter an expose on fly fishing select streams on the Nth Island of New Zealand.

He has just finished filming a how to instructional video on fly casting techniques which is due for release in October. He also recently completed a chapter on fly selection for "NZ Masters on Fly Fishing " This book is due for release in October.

**Don't miss this one off Experience.**

Tattersalls Club was the venue for the recent Presentation of the 22 greatest Australian Rugby Union Schoolboy players, many luminaries were present on the night which was sponsored by Macquarie Bank.



Brother Bob Wallace AM President Australian Schoolboys Rugby Union congratulates Tattersalls Member David Wilson



Brother Bob Wallace congratulates Michael Lynagh



The Panel Little, Horan, Lynagh, Poidevin and Hawker



MC Andrew Coorey Keeping an eye on proceedings



Special guest Allan Border



## After 6 months listening to the poms gloat over the World Cup, redemption is close at hand.



Tattersalls Club presents Jason Little, Richard Harry and David Wilson as panel guests at a Rugby Lunch on Thursday June 24th, two days before the much anticipated World Cup Final Re-Match.

Come and hear our panel of experts grilled not only about the the showdown at Lang Park, but the entire representative season by MC Andrew Coorey.

Be part of the crowd and don't forget to bring a bag full of questions with you.

12.30pm for a 1.00pm. Cost \$90.00 per person includes 3 course meal and beverages.

Bookings may be made at the office, by phone (02) 9264 6111 or email [robin@tattersallsclub.org](mailto:robin@tattersallsclub.org)



## Important Changes to Tattersalls Membership Categories and Subscriptions.

**The Committee has decided to introduce a reduction in subscriptions for new and existing younger members.**

**The changes as set out below will become operative from 1 June 2004.**

**As well as the reduction in subscriptions, the Entrance Fee for all new members will be set at nil for the time being.**

Category	Membership	Athletics Dept	Total Subscription
Under 25	\$550	\$440	\$990
Under 30	\$550	\$590	\$1,140
Under 35	\$825	\$660	\$1,485





## From the Secretary



Mark Bartrop  
Tattersalls Secretary

Congratulations to the Tattersalls Club ocean swimming team of Peter Thiel, Simon Storry, Grant Peters, Shaun Clyne and John de Mestre on a fantastic win in the recent Bondi to Watsons Bay event. The ongoing success of our ocean swimming team is a credit to all the hard work put in by the team, well done.

The refurbishment of the Athletic Department is finally complete and I would like to thank all members for their patience during the construction process. I'm sure you will all agree that the outcome and improvement in facilities has been worth the wait. I would also like to mention the effort put in by Dennis Phillips, our maintenance manager, for the professional manner in which he oversaw the project and I can assure you it was not an easy task.

We have numerous members functions scheduled for the coming months. These functions are detailed in the events calendar on this page and are also available on our website.

The Annual General Meeting is to be held on the 27th May. I would encourage all members to attend the Meeting and the Past & Present lunch which will immediately follow the Meeting, always an entertaining event.

The issue of Club Membership has been raised at Committee level and is an ongoing issue within the Club. As you would all be aware the Club relies heavily on its current membership to introduce

tattersalls on hyde park

## Calendar of Events

2004

**May 26 State of Origin Live in Members Bar**

**May 27 Annual General Meeting 12 Noon  
Past & Present Lunch**

**June 16 State of Origin live in Members Bar**

**June 24 Members Rugby Lunch**

**July 2 Black Tie Boxing**

**July 7 State of Origin live in Members Bar**

**July 28 Flyrodders Talk and Drinks**

**July 31 Tattersalls Ski Week @ Perisher Valley**

**For event bookings email the office today:  
administration@tattersallsclub.org**

prospective new members. If every member introduced one new member per year our membership concerns would be alleviated, and in fact we may have a waiting list. It would be my pleasure to assist any prospective new member by providing a tour of the Club facilities.

In my article in the future I will keep members informed of any new reciprocal clubs with which we have reached agreement. This month it gives me pleasure to introduce the following clubs.

**The Stoke Park Club,  
Buckinghamshire, England.**

**The Legends Fort Canning  
Park, Singapore.**

**Nairobi Club, Nairobi, Kenya.**

Details will be placed on the website in the next few weeks regarding the facilities available at these clubs.

Mark Bartrop  
Secretary

Level 2

Suit 4

195 Macquarie St, Sydney

Ph: 92229774

Fax: 92229723



**Dr Adrian Vertoudakis**

**B.D.S (Syd Uni)**

**Clinical Associate University  
of Sydney**

### DENTIST

As a fellow Tattersalls member I welcome all members and their families to our new practice conveniently located at Level 2, 195 Macquarie St near Martin Place. With over twenty years experience we provide quality cosmetic and general dentistry in a caring environment.

I am extending a 10% reduction on our normal fees to all members and their families.

For appointments please call Tess or Betty on 92229774  
I look forward to meeting you,

Adrian Vertoudakis



# From the Chairman

The good news from last year's results was that we were able to achieve a small operating profit for the year. The bad news is that our total membership numbers have declined and this has carried through into this year with fewer members than expected renewing their membership. A total of 262 members have not renewed and we have had to adjust our projections for the year downwards to take account of the reduction in subscription income as a result.

Presently, applications for new members are not keeping pace with the loss of members and this is despite us having offered attractive incentives to existing members to nominate suitable candidates. The conclusion to be drawn from that is that the marketing effort and the incentives have to be directed to new members who have shown in the recent past that they will respond when entrance fees, for example, have been waived.

At the same time as overall membership numbers are declining, we have experienced increasing demand for our Athletic Department facilities and we have responded to that by expanding our locker room and maintaining the highest possible standards in the AD. But even in the AD, fewer members in total are now using the facilities more often. And while this is an excellent result for the AD in one sense, it is not a good equation in financial terms and has to be addressed.

To put matters into perspective, it has to be said that it is a fortunate coincidence that at the same time as we are suffering revenue losses from subscription income, we have been taking up the slack with improved performance in our functions business and tighter control of costs. But to allow a continuation of this trend would be to become too dependent on that part of the operation and, eventually, to lose the fraternity that is the true *raison d'être* for the Club.

The Committee has decided to address the membership issue in an aggressive and positive way. We believe that the problems of the present are best approached by addressing the future of the Club and that means its younger members. These are the men we seek to join

us and once joined, these are the men we rely on to continue the high quality facilities we enjoy and to maintain the traditions that have sustained us for almost 150 years.

For younger members, the one consistent theme is that Tattersall's Club is expensive to join and expensive to remain a member of at a time when their costs of establishing their businesses and their families is highest. As valuable to them as their Club is, the cost of membership is nevertheless discretionary expenditure and at a time when waiting lists are a thing of the past, that cost is easily avoided by suspending membership for a time.

From 1 June 2004, Tattersalls Club will be exceptional value for both our new and existing younger members. Two new categories of membership have been created - Under 25 and 30 - 34 to supplement the Under 30 membership presently available. Each of these categories will offer significant reductions in both the general subscription and the AD subscription. The savings will be between \$325 and \$500 with, importantly, the largest saving to be available to 30 - 34 members who we are most keen to retain.

As well as the reduction in subscriptions for younger members, the Entrance Fee (currently \$1100) will be set at nil for all new members until a future review by the Committee. The combined effect of a nil Entrance Fee and a reduction in subscriptions for some new members joining the Club and taking the AD option will be as much as \$1600 in the first year!

Full details of the changes are set out elsewhere in the newsletter and I would urge members to consider the advantages to potential new members who are nominated now and who will receive the benefit of the changes. I hardly need remind you that when our membership targets are reached, the Committee will almost certainly review the position again.

As well as the subscription changes focusing on younger members, the Committee has decided to introduce a Corporate Membership initiative that will offer benefits to city business houses that support club memberships for their staff and who

qualify under conditions which will be announced shortly. In appropriate cases, the benefits will be available to existing members who qualify for this new category.

Our target is a net increase of at least 250 members within the next 12 months. It is achievable without any real loss of amenity to the existing membership and it will permit us to continue the plans that the Committee has for even better facilities in our Club. I make no apologies for reminding members that it is a matter for you to think about and to do something about. The new subscriptions regime is only a part of the solution.

Russell Debney



Russell Debney



Join the chairman on the last Thursday of each month following the committee meeting for free drinks in the members bar.

## TELL US WHAT YOU THINK OF OUR NEW WEBSITE?

[www.vincemaloney.com.au](http://www.vincemaloney.com.au)

We hope you find our website an easy way to tap into our wide international experience at the bright-eyed, high-quality end of Good Dressing.

Fell free to pick our brains at ant time.

If we can answer a question about what's happening, world-wide or Sydney-wide, in men's clothing, we'll be happy and quick to respond to your query per e-mail.

We plan to update the website each month with a brief memorandum of what's news in men's clothing (and therefore what's arriving at V.M..)

If you would like, AND ONLY IF YOU ASK, the monthly V.M. news-piece will be emailed to you.



Vince Maloney on hyde park  
Next door to tattersalls telephone 9264 8837





# Athletic Department

For 27 years Nelson Mandela in the confines of his 3 x 4 m cell, jogged on the spot, barefoot, for 45 minutes, followed by 100 finger tip push ups and 100 full sit ups. When asked why, Nelson simply replied "It was the only thing that kept my mind from going stale".

Don't underestimate the relationship between physical health and mental health.

Members,

Firstly, I would like to thank all members for their patience while we completed the much-needed renovations in the AD. I understand it is never easy to endure the pain and inconvenience of renovations, but WOW - how good does the place look now?! We now have the much needed locker space, we have significantly improved the quality of our vanity area and our front desk has taken on a new face. I'm sure you will all agree that the facility is now more user friendly than ever. As with most renovations, there are often a few areas which require tinkering.

In this month's newsletter I would like to discuss-

- The latest research on diabetes and the significant results from regular weight training
- How you can continue to receive the benefits from running for the rest of your lives - without sustaining an injury
- The importance of staying hydrated, by drinking water
- New body fat reducing recipes
- An update on Half Marathon novice Peter Werner.

A member approached me last week in his late forties. He suggested he felt like he was losing strength and speed and range of movement at an alarming rate. He had also gained weight around his waist and face and his golf handicap was blowing out- despite purchasing the latest Tiger Woods King Cobra \$895 Driver. When I questioned him on his current exercising habits he was honest enough to admit that he had reduced both his exercise duration and intensity over the last couple of years. "Why," was my next question? "well, I'm getting older" was his bizarre response!

The aging process suggests that the older we become the slower all our interlinked systems become, so we support the whole thing by thinking it is appropriate to reduce our function across the board. Accordingly, we get even slower - and so the slide gains, in some cases, at irreversible speed. We should be speeding things up to counteract the slowing of the aging process.

This goes from human movement to our sex life. Research supports we can significantly slow the aging process. Hell, look at member Tommy Nolan who regularly shows me up, some 2 decades my senior. Some may suggest that the body simply is unable to perform regular movement for whatever reason, come on. There are that many exercise alternatives that there must be one that you are compatible with.

See you all in the AD! Tommy, Bob Hudson, John McCosker, Alex Moss, even that big bloke Dennis Cleary are waiting.

## **INSPIRATION Diabetes & weight training**

I recently questioned regular AD user Charlie Plumridge why he placed great emphasis on the weight training component of his training session. Like most members his time is precious, yet Charlie devotes over 60% of his time to resistance training. More often than not I encourage most members to perform the greater portion of their workout in cardio related exercise. I guess I feel we should take care of the heart first and foremost. However, there are always exceptions. Charlie was diagnosed with Delayed Onset Insulin Dependant Diabetes three years ago. The incidence of Type 2 Diabetes in the western world is increasing year by year. Reduction of incidental movement, user-friendly (lazy) technology, and processed food is playing a significant role in this increase. Our poor old pancreas basically can't sustain the workload, resulting in a reduction in its efficiency. Therefore - manual insulin required.

Charlie has received the very best advice from the country's leading authorities on the management of diabetes. Along with diet control, exercise seems to head list for both

prevention and management. Funny that. More importantly, studies suggest that weight bearing resistance training uses more insulin than cardio exercise. Short fast twitch movements (under load) place a greater demand on muscle fibre sugar fuel than steady cardio exercise. This would indicate that members should be performing a short session of weight training 2-3 times a week. Charlie has recently reduced his weight by 6 kg, his blood sugar has significantly dropped (5 mmol from a dangerous 9mmol), and his energy levels rarely hits flat spots during the day. Well done Charlie!

## **BRINGING YOUR KIDS TO THE AD**

Please know that I fully support and encourage members to bring their children to the AD. Recently the Federal health Department reported adolescent obesity, even pre-adolescence, is reaching epidemic proportions. This can and will lead to increases in childhood diabetes. Heaven help the next generation. The days of playing backyard cricket or footy until dark, or until an injury or an argument ends play, are limited. These days you can be Shane Warne or George Gregan on playstation for hours on end with literally only lifting a finger.

Weekends are an appropriate time to bring them in and install good habits early.

## **HEALTH Run for life**

I'm too old to run, my body hurts!

Why do they run?

Running. It's painful, tedious, and exhausting. Most often, people run to stay in shape and to reach an ideal body weight. Studies show that a combination of diet and exercise is the most effective way to lose weight, as it triggers a loss of body fat and a proportional increase of lean tissue. Running, a cardiovascular exercise, allows a person to burn an average of 100 calories for each km you run. Other popular activities, such as biking and walking, only burn a fraction of those calories in the same amount of time. While the average human being burns about 2000 - 2500 calories a day by simply



## Athletic Department cont...

existing, running 5kms a day can burn an additional 500 calories. Furthermore, running is an easily accessible activity- with a decent pair of sneakers and some determination, anyone can run.

Surprisingly, how fast a person runs has little effect on the number of calories he will burn. The most important factor is weight. For example, a 110kg person running a 6-min km burns 150 calories, while a 60kg person running at the same pace burns only 82. Every person's body requires an excess of 3500 calories in order to gain a half-kg or a deficit of 3500 calories in order to lose a half-kg. Thus, 70kg person who runs 5 km each day will lose about 2.5kg a month. However, as his weight goes down, he will burn fewer calories per kg. Eventually, a runner's weight will stabilise. When this will happen depends on how much the runner eats and how far he runs. Most runners lose weight effortlessly at first, but eventually, their weight stops declining and reaches a plateau. In order to continue to lose weight, some serious runners will intensify their workouts, as extra weight will only slow them down. Otherwise, recreational runners can maintain their lower body weight by continuing to run consistently.

There are other benefits from running however. Running helps lower blood pressure by maintaining the elasticity of the arteries. As a person runs, his arteries expand and contract more than usual, keeping the arteries elastic and the blood pressure low. In fact, most serious runners have unusually low blood pressure. Running also helps maximise the lungs' potential, as it keeps them strong and powerful. While deep breaths force the lungs to use more tissue, the 50% of normally unused lung potential is utilised. Even smokers can sometimes recover full lung potential through running. Finally, running strengthens the heart and helps prevent heart attacks. The large muscle exercise it provides helps keep the cardio system efficient and strong. In fact, the heart of an inactive person beats 36,000 more times each day than that of a runner, as running keeps the arteries open and the blood flowing smoothly.

Yet, most serious runners will say their addiction goes beyond the physical benefits they achieve from running. Runners say the intense exhilaration and euphoria that comes after a run is what motivates them most. In fact, this euphoria comes from a betaendorphin release triggered by the neurons in the nervous system. Intended to alleviate the pain after a run, it creates a feeling of extreme happiness and exhilaration. Runners become addicted to this intense high, and it can often replace other addictions to drugs, alcohol, and even food. While runners claim to achieve more energy in daily life from running, it also helps bring appetite, exercise and food into balance. Furthermore, as running makes the body function better, it improves sleep, eating, and relaxation.

Having run regularly for 20 years, two years ago my body (back, hips, knees & ankles) felt a little worse for wear. Had the years of running at age thirty-one, caught up with me? The simple answer was yes. Running, particularly on hard surfaces at a frame weight (80kg) had taken its toll. Unfortunately, one- I love running (and its benefits) and two- I found it difficult to convince race officials to take the run leg out of triathlons. After much thought, research and questioning I had solved my problem.

From a young age for whatever reason I had developed a massive running gait causing a significant increase in impact- every stride. Biomechanically, I developed a massively inefficient running technique. My front foot landed heel first, well in front of the line of my hip. My heel would kick up close to my butt, and my shoulders would significantly dip from side to side. Closely monitoring my stride, I was placing nearly 8 times my body weight through my joints every stride. Knowing, in terms of performance, due to my collective strength (legs & trunk), I could maintain this stride for about 30kms. Unfortunately this left about 10kms to go of pain, discomfort and being overtaken by scores of other competitors. My limiting factor was simply body stress, namely - total thigh fatigue and knee joint pain.

Why am I telling you all this?

I believe in an alternative, which I have discovered lately that can work for most members. Please read on!

My cadence (strides per minute – one foot) was around 75 – 80 with a stride length of about 150 cm (flat terrain). This represented a time of roughly 0.8-sec in the air between strides. My goal was to reduce my stride length to about 100cm and increase cadence to 90-95. Therefore spending about 0.5 sec in the air. I would also foot strike with a flat to forefoot impact. Consequently, reducing impact done to about 1.5 times my body weight (flat course). The result - after the feeling of running with what felt like “babysteps” for 3 months I have finally increased my cadence enough to produce the same time over 10km. All of my residual pain has gone and I now feel far fresher (muscular and joint strength) at the 30 km mark of a marathon.

Recently I have encouraged some members in employ the same theory. Changing 40 years of habit isn't easy. However, if you would like to remain in the game, and more particularly receive the benefits of weight bearing exercise, please consider addressing your current running mechanics. I have a wonderfully informative article on this theory should anyone like it emailed.

### HEALTH

#### The benefits & necessity of plain old H2O

Almost everyone knows that you should drink eight glasses of water a day. But is it really necessary?

Absolutely!! Almost every cell in our body needs water to function properly. I am convinced that many members don't drink enough water. Particularly after hard aerobic classes like spinning. They aren't dehydrated, but they aren't drinking as much water as they should especially considering how much your body needs.

The human body, which is made up of between 55 and 75 percent water (lean people have more water in their bodies because muscle holds more water than fat), is in need of constant replenishment.

Consider this: Your lungs expel



between two and four cups of water each day through normal breathing - even more on a cold day. If your feet sweat, there goes another cup of water. If you make half a dozen trips to the bathroom during the day, that's six cups of water. If you perspire you expel about two cups of water (which doesn't include exercise-induced perspiration).

A person would have to lose 10 percent of their body weight in fluids to be considered dehydrated (possible in an Ironman triathlon for instance), but as little as two percent can affect athletic performance, cause tiredness and dull critical thinking abilities. Adequate water consumption can help lessen the chance of kidney stones, keep joints lubricated, prevent and lessen the severity of colds and flu and help prevent constipation.

I encourage members' drink 8 to 10 cups of water each day. Those who have increased their consumption have suggested to me that they feel better.

How do you know if you are drinking enough water? A good test is to look at the colour of your urine. If it's clear or pale yellow, you're doing a good job of staying hydrated. But if it's intense yellow or gold, you probably need to drink more water.

But not everyone likes water. Many people prefer soft drinks, fruit juices, sports drinks, coffee and of course alcohol (beer in particular). All these drinks can help quench your body's thirst for fluids, but they typically contain 100 calories or more per serving.

The best alternatives to water are diluted fruit juices or non-fat or skim milk. But these drinks shouldn't replace water. Take note of how much sugar is in these alternatives. Sugar slows down the rate at which fluid is absorbed into the body. If you have trouble drinking water because you don't like the taste, try adding a twist of lemon or lime or a splash of fruit juice. We sell these alternatives in the AD. And cold water in my view, particularly in Australia, tastes better.

While bottled waters are very popular and convenient, tap water works just as well. It's also safe. I am aware that Sydney water copped

some flack some 5 years ago introspect to alleged increase of cryptosporidium and guardia (which can prove harmful, but I don't believe we should be concerned). Certainly their website suggests that tap water is now clear of microorganism, in a harmful mass anyway.

In addition to water and other drinks, many foods are also good sources of water. Juicy fruits like oranges, grapefruit, grapes, watermelon and apples can help keep you healthy and hydrated. Carrots, tomatoes, tuna, yogurt, cottage cheese, soups, rice and pasta also contain plenty of water.

The key is to think and drink small amounts often. The easiest way to stay hydrated is to drink a half-a-cup of water each hour you're awake. When you get in the car, take along something to drink. When you sit down to watch TV, have something to drink. When you go to a meeting, take along something to drink. Spin classes -take a water bottle. Having a beer? Alternate with a glass of water. Yeah right!

## NUTRITION Recipe

Don't let people suggest that red meat is a poor option. Yes, some options are high in potentially harmful saturated fat, but some meat, like well-trimmed beef tenderloin provides an excellent alternative. Like most red meat options, tenderloin is loaded with iron and super rich B vitamins, which is great for maintaining a healthy immune system.

### Spiced Pepper Steak

- 1 1/3 teaspoons olive oil
- 1/8 teaspoon garlic powder
- 125g lean beef, thinly sliced
- 1/8 teaspoon Worcestershire sauce
- 2 tablespoons cider vinegar
- 4 cups mushrooms, sliced
- 2 cups red and green capsicum strips
- 1 \_ cups onion, sliced
- \_ cup herb dressing

Heat oil in medium-size non-stick saute pan. Sprinkle garlic powder onto beef. Saute beef until cooked. De-glaze pan with Worcestershire

sauce and vinegar. Add vegetables and stir-fry 5-7 minutes. Combine beef and vegetables in medium size bowl and add herb dressing. Toss to coat. Spoon onto plate and serve.

## EXERCISE OF THE MONTH

For the golfers, skiers, rugby players and paddlers.

### TORSO ROTATION

Positioned next to the pool doors, is a machine for trunk stability and control, translating extremely well to life's many movements. Perform movements slowly with minimal load. Move through a full range of torso movement. Try 2 sets of 10 reps @ 3-4 plates each side. Please don't hesitate to ask for staff support.

## HALF MARATHON NOVICE The Peter Werner File

Club member Peter Werner has progressed well over the past 4 weeks. The base segment of his program has seen his stamina and endurance improve markedly. Weight reduction and a lower resting heart rate has resulted. Now we move into the more demanding "tempo" section of his program. Increasing his heart rate performing shorter more intense bursts of speed. This will test the man, however I feel quietly confident at this point. He will complete his tempo training and spend the pre race week in taper mode. I will report of Peter's race day in next months' newsletter.

## DID YOU KNOW?

### POWER OF BREATHING

- The quality of oxygen to your brain is crucial to sustaining health. When relaxing or exercising try taking deep strong breaths. Fill up those lungs and supply your brain with rich O2.

### DRINK GREEN TEA

- Research shows that drinking green tea may significantly reduce the incidence of liver, pancreatic, breast and skin cancer. Japanese love their green tea and, coincidentally, have less instances of cancer.

### FACE MOISTURISER

- OK gentlemen, I may be treading water here, but don't be afraid to use a facial moisturiser. Basically if you use a moisturiser every day



# Reciprocal Clubs

# Cruising update

you'll look younger in twenty years time.

## BRAIN FOOD

- Dr William Vayda informs me that foods like eggs and nuts improve concentration. Wholemeal pasta has the ability to release the feel-good chemical serotonin. Take it or eat it!

## NOTEABLE ATHLETIC PERFORMANCES

### MICHAEL GALLAGHER

Michael ran an impressive 2.54 Canberra marathon. Well done Mike.

### ADELAIDE AUSSIE MASTERS

Congratulations to Peter Joseph, John Harvey, Peter Thiel, Phil Reichelt, and Grant Peters. All members performed exceptionally well, with John and the two Peters coming away with Australian Masters records. Great club representation.

### GOLF AT RYDE-PARRAMATTA

12 Tattersalls members spent an awesome sun soaked afternoon at the very picturesque Ryde-Parramatta golf course. The demanding yet entertaining course challenged most of us, but Rod Austin helped himself to a fine victory. Don't forget our next Tattersalls Comp day is at Killara Golf Course 3rd June – morning hit off. Please let Rod or myself know of your interest. Positions must be pre-booked.

## THIS MONTH IN THE AD

### NEW PROGRAM

- New program will be posted on the white board in the gym. Please ask staff should you require support.

### TIME TRIALS

- Above each of the pieces of cardio equipment a board has been placed encouraging members to initial their time for designated time trials over varying distances. Please make an attempt and record your result. It will act as an excellent fitness test leading into the Olympics where we will offer the same feature.

Have a healthy month

Brad Pamp

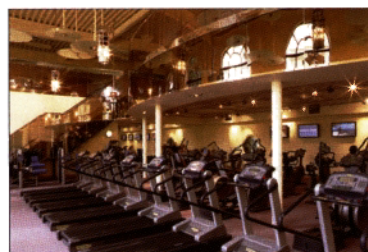
Athletic Department

### Stoke Park Club Park Road Stoke Poges Buckinghamshire

Stoke Park Club with its 27 hole golf course, Stoke Poges, and award winning spa, SPA SPC, is one of the most special places in the world. With a recorded history of more than nine hundred years, the 350 acre estate provides a unique combination of the traditions of a great members' club and the best of today's sporting, leisure, entertaining and hotel facilities in one of the most convenient locations in Britain.

The Club is set within 350 acres of historic parkland and gardens, Stoke Park Club combines sumptuous luxury and refined elegance with some of the finest sporting and leisure facilities in the country. These are just a few of the facilities that the club offers; Health and Racquet Pavilion, gymnasium, indoor swimming pool, multi-surface tennis courts, steam rooms, 18 hole Golf Course, luxury accommodation, magnificent restaurants and more. Please inspect the Club via their web site at: [www.stokeparkclub.com](http://www.stokeparkclub.com)

As a reciprocal Club member you are entitled to a 10% discount off standard accommodation rates when staying at Stoke Park Club.



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# Tattersalls Boardriders



## **Tatts Boardriders South Coast Weekend**

### **5/6th June at Bendalong and Green Island.**

Tattersalls Boardriders Club is up and running, with over 30 members. The response has been fantastic. A real band of misfits comprising a mixture of longboarders, malibus and shortboards, make up the numbers, plus a few who have expressed a keen desire to learn the art of boardriding.

To date there have been several social morning surfs organised, covering Manly, Bondi and Freshwater. These are usually followed by a beachside breakfast, where the waves and stories tend to grow in stature.

As one keen member succinctly put it "It is so much more enjoyable surfing with a bunch of mates, than out there on your own."

The aim is to hold a surfing morning approximately once per month, at an

accessible Sydney beach, followed by breakfast. In addition, the odd weekend away. With this in mind, there has been great interest in the June 5/6th weekend planned for the Bendalong-Green Island area down on the South Coast, staying at one of our members holiday houses, plus additional accommodation arranged. Many of the members are bringing their family, kids, girlfriends / partners etc and 'The Big Kahuna BBQ' is planned for the Saturday evening.

The boardriders club within Tatts seems to have struck a raw nerve, given the positive response. If there are any more keen surfers, past or present, who fit the bill, and who would like more details, contact the Chief Kahuna Ken Glover, and your name will be added to our distribution list. "

Ken Glover.



# Snooker

All the various competitions for 2003 have now taken place but as the Snooker Club is working on the Julian Calendar, the last of them was completed on April the 16th 2004. Mark Twigg was the winner of the Calcutta Snooker Handicap. He triumphed by winning two of the three frames played against John Stewart, who as an example of delicious irony owned Mark thereby while not having his cake, he still managed to eat it. The losing semi finalists were Kaz Pociask and John (Thirsty) Threlfro. The quarter finalists were the above and Dennis Pidcock, John Pidcock, Dennis Foster and Brian Holmes. The Calcutta final was the year's best contest. The standard of Snooker was extraordinary. At one stage there was a concern that the clouds of cigar smoke would force the result to be determined by the Duckworth Lewis Formula, but this was not necessary and Mark finally prevailed. John Stewart took his defeat very well. He was last seen offering to teach Mark, rock fishing or hang gliding.

The club's snooker champion is Glenn Wilkinson who had a close shave in his final match with Frank Galanos before putting Frank to the sword.

In the Snooker Doubles both the Championship and Handicap winners were determined by whoever was lucky enough to secure Glenn Wilkinson as a partner, with Adrian Abbott joining him as the Doubles Champions and Brian Holmes joining him as the Handicap Winners.

The runners up were John Simpson and Jeff Woollard in the Championship and Robert Crane and Frank Galanos in the Handicap.

Peter Twigg in his semi final of the Billiards Handicap against Goran Drapac, needed one to win and, scored seven on his last shot indulging in considerable over-kill. Peter consistently dresses in white, short-sleeved shirts, believing as he does in the provisions of the American Constitution which grant citizens a right to bare arms. Peter is also a little dyslexic. Unfortunately for Peter, Brae Antcliffe won the Billiards Handicap Final.

Adrian Abbott won the Billiards Championship over Lee Bluett.

In the Christmas Cup fittingly two miracles occurred and while not on the same level as the Virgin Birth in Bethlehem as recounted by Luke (the not so hot Gospeller), they both were up there. Luke will be remembered for his observation about the last Three Wise Men coming out of the East and if today's international events are any guide, they never went back. In the semi final Frank Galanos sank the pink to win the game against Michael Fitzgerald and hung up his cue and was leaving the room, only to hear the white fall into the pocket and then see the pink and the black sunk by his opponent who progressed to the final. This final was against Kaz Pociask who in the early stages of the game achieved a lead similar to that enjoyed by Nazi Germany in World War II, only to find defeat was snatched out of the jaws of victory when miraculously Fitzgerald beat him on the black.

The Calcutta draw has been conducted for the 2004 Tournament. The pool is an excellent one and all members are looking forward to an earnest and engaging contest. The next Lightning Snooker Night is on Thursday the 27th May and all members are welcome at 6 pm on the third floor.



"John Stewart congratulates Mark Twigg"



"Members enjoying the feast"



"Discussing Calcutta Options"



## We talk to Charles (Charlie) Robinson Swimmer. Handballer. Tattersall's Life member.

### Where were you brought up?

I was born in Erskineville in 1932. Stayed there until 1968 and then went to live in Coogee where I've been ever since.

Erskineville was then very much a working-class suburb - every day you'd see droves of workers heading to places like Metters the manufacturers and the huge railway workshops at Everleigh.

### Where did you go to school?

I was educated by the Sisters of Mercy, then St Thomas's Christian Brothers School at Lewisham until 1946. I was usually in the top three in my class. It was the war years and there wasn't the great emphasise on facilities for sport like there is now, we made do with whatever equipment we could get our hands on.

### Did you play sport at school?

Cricket and football, but it was mainly playground stuff, we didn't have the chances to do much else in the war years. In my last year I represented the school in Rugby League.

### And after school? Bushells Tea Company.

I started with Bushell's tea company as a junior clerk. I studied accountancy and secretarial practice by correspondence and night school, eventually qualifying as an accountant and chartered secretary. You went to work at nine o'clock, did a day's work then studied at night and eventually sat the exams. You got the practical experience of work as you studied, whereas today, when you come out of university, you haven't had that real world experience.

Eventually I became the chief accountant of Bushell's and spent my last eight years as company secretary.

### Have you seen a lot of change in business practises?

Everything's become centralised these days. When I joined Bushell's it was a family company eventually taken over by Unilever - I bought a packet of their tea the other day and it was packed in Indonesia. In my day everything was much simpler, I think there was far less talk of litigation. In my forty two years with Bushell's we were only involved in one legal action and that was as a member of a trade association, not in our own right.

### What interests have you maintained?

My main interests have included golf, I was made a life member of St. Michael's Golf Club in 1972, after I had been treasurer for ten years. I've got a sore shoulder and back, so you could say that I'm deteriorating with age from my best handicap of 15. I love the game - out there with nature, walking with good company and there's something about a good golf shot that's hard to beat - mind you, that's pretty rare in my case!

At Tatt's I've been active mainly in swimming and handball. I've had much more success at handball winning an A grade championship and twice a finalist in the open championship.

I've always been keen on horse racing. I was in a syndicate with fellow Tatt's members, Bruce Upcroft, Norm Rogers, Peter Korda and Terry Lindfield, three of them have sadly passed away. We raced the horse, but the trouble was we could be beaten. The trainer could tell you twenty reasons why it didn't win. As the old saying goes "You put yourself in the best company and your horse in the worst."

It was an interesting experience.

### What was the best sporting moment you've witnessed?

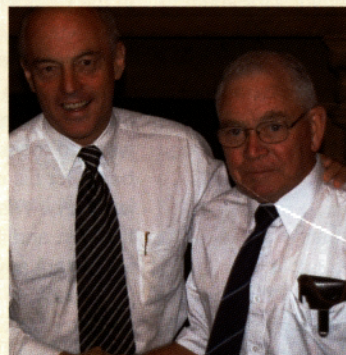
Herb Elliot winning the fifteen hundred in Rome, he was Superman that day.

In 1959 I was away for twelve months. I saw rugby at Twickenham and Cardiff Arms Park, saw the Australians lose the League Ashes at Wigan, the famous day when Griffen the South African bowled under arm at Lords because they kept no-balling him, I got to Wimbledon, the Grand National at Aintree and the Rome Olympics, then the World Series baseball in New York.

### What has Tattersall's meant to you over the years?

I was nominated in 1964 by my very good friend the late Alan Ball, since then I've shared it with some larger-than-life characters. People like Colin and Leigh Bowes, Sam Block, Jack Dexter, Arthur Camley, Clive Hoole Jim Comans, Alan Ball, Max Sernack, Norm Rogers, John Barker, Harry Turner, Andrew Torok; just to name a few.

The old club was a different way of life. You had to book to get a table in the dining room and it was open for



Charlie on the right receiving his Life Membership from Chairman Russell Debney

dinner six nights a week. But life has changed since those days and I think the current committee are doing a good job in recognising what present day members need.

Tattersall's brings another dimension to life, irrespective of your social status you're made to feel welcome and part of the club and encouraged to use all its facilities.

In the swimming club for instance, no-one knows or cares what you do in business, you're a swimmer. There's great camaraderie. The fact that you can have an Olympic champion swimming against someone like myself, gives you a great kick along.